

POWER PACK YOUR DAY.

Here are some easy ways to fill your day with fruits and vegetables as part of a healthy diet:

- Stir low-fat or fat-free granola into a bowl of low-fat or fat-free yogurt. Top with sliced apples or frozen berries.
- Add vegetables, such as diced tomatoes and onions, to your egg or egg white omelet.
- Have some fruit as a midmorning snack.
- Make fruits and vegetables about half your plate.
- Munch on raw vegetables with a healthy low-fat or fat-free dip.
- Put grapes and banana slices on wooden skewers and freeze for “fruit on a stick.”
- Add frozen vegetables to a casserole or pasta. Try broccoli, peas, and corn.
- Ask for more vegetable toppings (like broccoli and spinach) and less cheese on your pizza.

how many fruits and vegetables do *you* need?

EVERY BODY IS DIFFERENT.
WE’LL SHOW YOU SIMPLE WAYS TO EAT THE AMOUNTS THAT
ARE RIGHT FOR YOU.

eat a colorful variety every day

You probably already know that a healthy diet includes a variety of fruits and vegetables. Most are lower in calories and higher in fiber than other foods. As part of a healthy diet, eating fruits and vegetables instead of high-fat foods may also make it easier to control your weight.

Compared to people who eat only small amounts of fruits and vegetables, those who eat more generous amounts — as part of a healthy diet — are likely to have reduced risk of chronic diseases. These diseases include stroke, type 2 diabetes, some types of cancer, and perhaps heart disease and high blood pressure.

You can find the amounts of fruits and vegetables you need using the charts in this brochure. There are also facts on why eating the recommended amounts is important to your health and easy tips for including fruits and vegetables in your day.

know the amounts you need each day

1

Go to your chart. Choose your level of physical activity. Use these definitions to determine your lifestyle physical activity that is above the light activity of everyday life:

Less Active: You average less than 30 minutes a day.

Moderately Active: You average 30 to 60 minutes a day.

Active: You average more than 60 minutes a day.

2

Choose your age range. Your physical activity level and age determine how many calories you need each day and your calorie needs determine how many fruits and vegetables you should eat.

Women	FRUITS	VEGETABLES
Less active		
AGE		
19-30	2 cups	2 ½ cups
31-50	1 ½ cups	2 ½ cups
51+	1 ½ cups	2 cups
Moderately active		
AGE		
19-50	2 cups	2 ½ cups
51+	1 ½ cups	2 ½ cups
Active		
AGE		
19-50	2 cups	3 cups
51+	2 cups	2 ½ cups
Men	FRUITS	VEGETABLES
Less active		
AGE		
19-50	2 cups	3 cups
51+	2 cups	2 ½ cups
Moderately active		
AGE		
19-30	2 cups	3 ½ cups
31+	2 cups	3 cups

Active		
AGE		
19-30	2 ½ cups	4 cups
31-50	2 ½ cups	3 ½ cups
51+	2 cups	3 cups
Girls	FRUITS	VEGETABLES
Less active		
AGE		
2 – 3	1 cup	1 cup
4 – 8	1 cup	1 ½ cups
9 – 13	1 ½ cups	2 cups
14 – 18	1 ½ cups	2 ½ cups
Moderately active		
AGE		
2 – 3	1 cup	1 cup
4 – 8	1 ½ cups	1 ½ cups
9 – 13	1 ½ cups	2 cups
14 – 18	2 cups	2 ½ cups
Active		
AGE		
2 – 3	1 cup	1 cup
4 – 8	1 ½ cups	1 ½ cups
9 – 13	1 ½ cups	2 ½ cups
14 – 18	2 cups	3 cups
Boys	FRUITS	VEGETABLES
Less active		
AGE		
2 – 3	1 cup	1 cup
4 – 8	1 ½ cups	1 ½ cups
9 – 13	1 ½ cups	2 ½ cups
14 – 18	2 cups	3 cups
Moderately active		
AGE		
2 – 3	1 cup	1 cup
4 – 8	1 ½ cups	1 ½ cups
9 – 13	1 ½ cups	2 ½ cups
14 – 18	2 cups	3 cups
Active		

AGE		
2 – 3	1 cup	1 cup
4 – 8	1 ½ cups	2 cups
9 – 13	2 cups	2 ½ cups
14 – 18	2 ½ cups	3 ½ cups

make it count

Include fruits and vegetables throughout your day in little ways — for snacks, toppings, side dishes, or in your main meal. Whether they're frozen, fresh, canned, or dried, all fruits and vegetables (including beans) count toward your daily amount.

Learn what 1 cup and 1/2 a cup look like:

EXAMPLES OF 1 CUP

1 large ear of corn

1 large orange

1 sweet potato

EXAMPLES OF 1/2 CUP

16 grapes

4 large strawberries

5 broccoli florets

For more examples, visit 5aday.gov.

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Simple ways to enjoy fruits and vegetables throughout your day:

MORNING

MORNING	
1 small banana	½ cup
1 small apple	1 cup
MIDDAY	
1 cup of lettuce* and 1/2 cup of other vegetables *1 cup of lettuce counts as 1/2 cup of vegetables.	1 cup
6 baby carrots	½ cup
EVENING	
1/2 large sweet potato and 1/2 cup of green beans	1 cup
1/2 cup of fresh mixed fruit	½ cup

In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk and milk products, lean meats, poultry, fish, dry beans, eggs and nuts, and is low in saturated fats, *trans* fats, cholesterol, salt, and added sugars.

find your balance

Becoming a healthier you isn't just about eating healthy — it's also about physical activity. Regular physical activity is important for your overall health and fitness. Here are some guidelines to follow:

Adults should be physically active at a moderate intensity at least 30 minutes most days of the week.

To prevent weight gain, adults should be physically active at least at a moderate intensity approximately 60 minutes a day most days of the week while not exceeding caloric requirements.

Children and teenagers should be physically active for 60 minutes most days, or preferably all days of the week.

get the most nutrition out of your calories

Consider this: if you use up your total daily calories on a few high-calorie items, chances are you won't get the full range of vitamins and nutrients your body needs to be healthy.

To get all the nutrients you need, without consuming too many calories, you should choose foods that are packed with nutrients, but lower in calories, from each of the food groups. These foods include fruits and vegetables, whole grains, lean meats, and fat-free or low-fat milk and milk products.

For more information about a healthy diet, visit MyPyramid.gov.

To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon, or white onions. For more variety, try new fruits and vegetables regularly.

they've got what you need, naturally

TAKE A HEALTHY BITE.

Fruits and vegetables are great sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases. Some of these nutrients may also be found in other healthy foods. Eating a balanced diet and making other lifestyle changes are key to defending your body's good health.

FIBER

Diets rich in dietary fiber have been shown to have a number of beneficial effects, including decreased risk of coronary heart disease.

Excellent fruit and vegetable sources:

navy beans, kidney beans, black beans, pinto beans, lima beans, white beans, soybeans, split peas, chick peas, black eyed peas, lentils, artichokes

FOLATE*

Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect.

Excellent fruit and vegetable sources:

black eyed peas, cooked spinach, great northern beans, asparagus

POTASSIUM

Diets rich in potassium may help to maintain a healthy blood pressure.

Good fruit and vegetable sources:

Sweet potatoes, tomato paste, tomato puree, beet greens, white potatoes, white beans, lima beans, cooked greens, carrot juice, prune juice

VITAMIN A

Vitamin A keeps eyes and skin healthy and helps to protect against infections.

Excellent fruit and vegetable sources:

sweet potatoes, pumpkin, carrots, spinach, turnip greens, mustard greens, kale, collard greens, winter squash, cantaloupe, red peppers, Chinese cabbage

VITAMIN C

Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy.

Excellent fruit and vegetable sources:

red and green peppers, kiwi, strawberries, sweet potatoes, kale, cantaloupe, broccoli, pineapple, Brussels sprouts, oranges, mangoes, tomato juice, cauliflower

* According to the Institute of Medicine, a daily intake of 400 µg/day of synthetic folic acid (from fortified foods or supplements in addition to food forms of folate from a varied diet) is recommended for women of childbearing age who may become pregnant.